

**In the Claims:**

Please amend claims 1 and 7 to read as follows:

*E2*  
62  
1. A controlled, sustained release progressive hydration pharmaceutical composition in the form of a tablet, comprising:

*Sub*  
*F2*  
an effective amount of an active ingredient that is a sex hormone, a bioadhesive, water insoluble, water-swellable cross-linked polycarboxylic polymer, and a water soluble polymer,

wherein said composition is formulated in a dry state to deliver, upon administration of said tablet to a mucosal surface of a mammal, said active ingredient to the bloodstream of said mammal.

*E3*  
63  
7. A method of delivering to a mammal a sex hormone, comprising administering said sex hormone via a progressive hydration bioadhesive composition to a mucosal surface of the mammal, wherein said composition is formulated as a dry tablet that includes

(a) said sex hormone,  
(b) a bioadhesive, water insoluble, water swellable cross-linked polycarboxylic polymer, and  
(c) a water-soluble polymer.

**Note:** A marked-up copy of amended claims 1 and 7 is included in Appendix A hereto.